

The Elvira Neighborhood Association seeks to enhance the quality of life by active participation in promoting equal opportunity, neighborhood beautification and safety for all our Citizens, especially our Youth and Seniors.

#### ASSOCIATION OFFICERS

|                           |              |
|---------------------------|--------------|
| President                 | Rich Kessler |
| First Vice-President      |              |
| Jack Stout                | 889-4905     |
| Second Vice-President     |              |
| Joe Root                  | 889-1547     |
| Secretary (cell)          | 272-0634     |
| Margie Mortimer           |              |
| Treasurer                 | 889-1170     |
| Barbara West              |              |
| Sergeant-At-Arms          |              |
| Mikki Niemi               | 207-5914     |
| Special Projects-Programs |              |
| Terry Lopez               | 746-3529     |
| Graffiti Abatement        |              |
| Tom Hand                  | 294-2952     |

#### E.N.A. COUNCILPERSONS

|                   |          |
|-------------------|----------|
| Gil Catalan       | 573-1322 |
| Marge Christensen | 741-2878 |
| Ivy Dawe          | 889-1651 |
| Ben Delgado, Sr.  | 573-0499 |
| Louis Galvan      | 294-9515 |
| DeJon Giffin      | 294-5839 |
| Linda Quevada     | 889-5372 |
| Sam Valdovine     | 746-1861 |

#### COMMUNITY DIRECTORY

|                             |          |
|-----------------------------|----------|
| U.S. Congressman            |          |
| Senator John McCain         | 670-6334 |
| Senator John Kyl            | 575-8633 |
| Rep. Jim Kolbe              | 881-3588 |
| Rep. Raul Grijalva          | 622-6788 |
| AZ. CONGRESSPERSONS # 27-29 |          |
| Sen. Jorge Luis Garcia      | 578-1742 |
| Rep. Olivia Cajero Bedford  | 623-1992 |
| Rep. Phil Lopes             | 743-9258 |
| Sen. Victor Soltero         | 623-9549 |



## ELVIRA NEIGHBORHOOD ASSOCIATION

RICHARD A. KESSLER, PRESIDENT  
121 W. ARAGON RD. - - 85706  
MAIL ADD: P. O. BOX # 11526  
TUCSON, ARIZONA - 85734-1526  
PHONE: 520-573-1132

|                         |          |
|-------------------------|----------|
| Supervisor District 2   |          |
| Ramon Valadez           | 740-8126 |
| Supervisor District 5   |          |
| Richard Elias           | 740-8126 |
| City Manager            |          |
| James Keene             | 791-4204 |
| Mayor of Tucson, Az.    |          |
| Bob Walkup              | 791-4201 |
| Ward 1 Councilman       |          |
| Jose Ibarra             | 791-4040 |
| Chief of Police         |          |
| Richard Miranda         | 791-4441 |
| Police Operations South |          |
| Capt. Terry Rozema      | 791-4949 |
| San Miguel High School  |          |
| Brother Nick            | 294-6403 |
| U.C.A.B. - Water Plume  |          |
| Ignacio Gomez           | 883-2730 |
| Neighborhood Watch      | 791-4259 |
| Neighborhood Resources  | 791-4605 |
| Pro-Neighborhoods       | 882-5885 |
| City Graffiti Abatement | 624-7833 |

The E.N.A. meets the 2nd Monday of each month at the Manor Baptist Church. Our meetings begin at 7 P.M. and last about 90 minutes. Please plan to attend your Association meetings. The time spent will be well worth your attendance. With your help and attendance, we can achieve more and much better things to happen in our Neighborhood, and for your benefit. We sincerely hope to see you there soon.

#### MEETING AGENDA

Opened at 7:00 P.M.  
Opening Prayer  
Pledge of Allegiance  
Introduction of First Time Attendees  
Acknowledgement of Anniversaries and B-Days.  
Reading of Minutes of last meeting and approval  
Treasurers Report and approval by vote.  
Report of T. Police Dept.  
Presentation of Guest Speakers.  
Call to Attendees.  
Report on special events, clean-ups, fiestas, fund raising, etc.  
Report of Parks Committee  
Report of Youth Council  
Other Committee Reports  
Old Business  
New Business  
Report of the President  
Topics for future meets.  
Election of Officers January or as needed.  
Announcement of scheduled meetings, etc..  
Adjournment  
We do not limit our guests and reports, BUT, we do request them to be as brief as possible to allow others an equal opportunity

Rep. Linda Lopez

Rep. Tom Prezelski 722-6410

# Hey Elvira- FEEL GOOD!

## WHAT CAN YOU DO?

For Diabetes  
Heart Disease  
and  
Healthy Bones

### TRY...

- Drink less soda
- Become Active!
- Eat less fat
- Eat fruits and veggies
- Don't smoke
- Let go of stress



## TOP 10 REASONS TO BE HEALTHY!

1. Live longer & feel better.
2. Live to see your children & grandchildren grow old.
3. Keep up with your children.
4. Have healthier babies.
5. Feel better about yourself.
6. Don't get sick as much.
7. Sleep better.
8. Get more done.
9. Have more energy.
10. Your body will thank you for it.

The City of Tucson, its officers and employees, its Department of Neighborhood Resources and all other offices neither agree or disagree with the views expressed or implied in this communication and are not responsible therefore. The distribution requestor is solely responsible.

## WANT TO KNOW MORE?



Get your FREE booklet at:

El Pueblo Community Center  
El Pueblo Clinic  
Pima County Health Department  
DES  
Hope United Methodist Church  
St Monica Catholic Church  
Iglesia Christiana Ebenezer  
Manor Baptist Church  
Tierra Bonita Apartment Complex  
El Rio OB/GYN

## Quick Bites for Working Women



Try these tips and see how easy it is to eat more fruits and vegetables!

- **Breakfast:** Add your favorite fruit to cereal or yogurt. Drink a glass of 100% juice.
- **Lunch:** Pack a tortilla full of chopped veggies, have a salad, vegetable soup or fill a baggie with cut fruits and veggies to munch on.
- **Snacks:** Fill ice cube trays with 100% juice (put in toothpicks) and enjoy the mini-popsicles in no time. Great for Children!
- **Dinner:** Have two vegetables and a salad.

Source: [www.cdc.gov](http://www.cdc.gov)

Courtesy of University of Arizona College of Nursing Students



# ¡Oye Elvira- Siéntense Mejor!

## ¿QUE PUEDE HACER USTED?

Para EL Diabetes,  
Enfermedades del Corazón,  
Y  
Huesos Saludables  
**INTENTA ...**

- Bebe menos soda
- Más actividades!
- Come menos con mucha grasa
- Come más frutas y vegetales
- No fumes
- Deja ir el estrés



## 10 RAZONES IMPORTANTES PARA SER SALUDABLE

1. Vive más tiempo y siéntese mejor.
2. Vive a mirar tus niños y nietos crecer.
3. Puedes mantener el paso de tus hijos.
4. Tendrás bebés más saludables.
5. Siéntese más mejor de sí misma(o).
6. Menos enfermedades.
7. Duerme mejor.
8. Logra terminar más.
9. Ten más energía.
0. Su cuerpo se lo agradecerá.

El la ciudad de Tucson, sus oficiales y empleados, su departamento de los recursos del va vecindad y el resto de las oficinas ni esta de acuerdo o desacuerdo con las opiniones expresadas o implicadas en estas comunicaciones y no es responsable por lo tanto. El solicitante de la distribución es solamente es responsable.

## ¿QUIERES SABER MÁS?



Consigue su libro GRATIS en:

El Pueblo Centro de  
Comunidad

Departamento Publicó de Salud

Clínica El Pueblo

DES

Iglesia Metodista Hope United

Iglesia Católica Santa Mónica

Iglesia Christiana Ebenezer

Iglesia Bautista Manor

Apartamentos Tierra Bonita

Clínica El Río OB/GYN

## Comidas Rápidas Para Mujeres Trabajadoras



¡Intenta estos consejos y mira que fácil es comer más frutas y vegetales!

- **Desayuno:** Añada fruta favorita a cereal o yogur. Bebe un baso de jugo 100%.
- **Almuerzo:** Envuelva vegetales picadas en una tortilla, come una ensalada, sopa de vegetales, o llena una bolsita con pedazos de frutas y vegetales picadas para masticar.
- **Bocado:** Llena bandejas de cubitos de hielo con jugo 100% (ponles pica dientes) y disfruten los mini-helados en ningún tiempo. ¡Estupendo para niños y niñas!
- **Cena:** Come dos vegetales y una ensalada.

Source: [www.cdc.gov](http://www.cdc.gov)

Cortesía de Estudiantes de la Universidad de Arizona Colegio de Enfermería

DOGS RUNNING LOOSE!! If your dog is running loose around the neighborhood, you can be fined and could even be put in jail if it harmed someone. PLEASE, we don't like to see our Neighbors get in trouble. If you have a dog, keep it under control at all times. Even if it has a license, and we hope it does, on it's collar and running loose, you will be in trouble. Tucson does have a leash law, so beware. We receive many complaints about dogs running loose in our Neighborhood. Mostly in small packs of two or three dogs. If you see a pack of dogs, call 743-7550 or 743-7666 to report them. Animal control may not get there right away, but the more complaints they receive, the more we'll see their trucks in our area. We had a speaker, Rodrigo Silva, from Animal Control at a recent Neighborhood Meeting. He told us to keep calling until someone shows up. FAIR WARNING - KEEP YOUR DOG UNDER CONTROL OR BEWARE!! Supervisor Elias made the arrangements for Rodrigo to meet us.

After the clean-up and touring the Neighborhood area, we have found that we have a lot more trash laying around than was thought. Unfortunately, we had a very poor turn-out of our Citizens. Only about 60 showed up to help, out of almost 9,000 Elvira Citizens, that wasn't a very good showing. Those that did show up worked very hard to clean up what they could. Did YOU help? This is your Neighborhood and it is your responsibility to help keep it CLEAN & BEAUTIFUL! We will arrange another clean-up this fall and we hope you will turn-out to help then. A notice will be put in our newsletter. In the meantime, we hope that you will do everything possible to keep your area clean and tidy. REMEMBER, whether you own or rent, it is still your problem to keep the Street in front of you, the Alley behind you and the Cul-de-sac, Street or Alley on the side of the property, if there, the RESPONSIBILITY is yours. Please do your share and everyone's problem will be small.

Don't forget our next NEIGHBORHOOD ASSOCIATION Meeting will be on September 13<sup>th</sup> at 7:00 P.M. at the Manor Baptist Church Hall. 1<sup>st</sup> Vice Jack Stout puts a sign along the street the day of the meeting. Look for it. See YOU there? If you find any mistakes in this newsletter, they were put there intentionally to please everybody. We hope you are fortunate to find all of them.

Dated Material

ELVIRA  
NEIGHBORHOOD

PRST STD  
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Tucson, AZ 85726-7210

